





# Back to Sleep

**Healthy babies can die unexpectedly from suffocation because of unsafe sleeping conditions. Follow these tips to keep your baby safe:**


 **Put your baby on the back to sleep, even for naps. This makes sure that your baby can breathe better while sleeping.**


 *When your baby is awake, put baby on the stomach to play and exercise. This is the time to sing, talk, read and play with your baby.*


 **Keep your home smoke-free.**

 *Babies who breathe smoke or who sleep with parents who smoke have a greater risk of unexpected death.*


 **Be sure your baby's crib meets current safety standards, the mattress is firm and fits tightly in the crib and the sheets fit tightly around the mattress.**

 *Do not place baby to sleep on soft surfaces like couches, futons, comforters and adult beds. Baby's head and face can get stuck in soft furniture and baby may not be able to breathe.*


 **Keep pillows, comforters, stuffed toys, and clothes away from your baby's sleep area.**

 *Be sure there is nothing around your baby that could block his breathing.*

 **Be sure your baby's head and face are not covered.**

 *Do not let your baby sleep with soft hats or blankets that may slip over the face and block breathing.*

 **Be sure your baby is not too warm during sleep.**

 *Keep baby and the room temperature comfortable. Getting too warm puts your baby at more risk of unexpected death.*

**Share these tips with all who care for your baby.**



For more information:  
Call the Maternal and Child Health Branch at (808) 733-4056 or  
Keiki Injury Prevention Coalition/SAFE KIDS Hawaii at (808) 586-5940 or  
U.S. Consumer Product Safety Commission at 1-800-638-2772

